



USA Boxing's Back to Boxing Tier 1 – Phases 2 & 3 – Return to Sparring

Subject to Change

USA Boxing is committed to supporting our gyms reopening and our members training, as the country gradually proceeds to lift stay-at-home orders. Coming out of mitigation in a controlled way, with systems in place to reduce outbreaks are critical to navigating the next phase of this pandemic. Leaders at all levels, from USA Boxing, to LBCs, and gym coaches, will need to prepare their communities and continue containing the disease by systematically evaluating and making adjustments as we return to training and eventually competitions as safely as possible.

Moving forward our guiding principles will remain:

- 1. Safety of our members/boxers*
- 2. Safety of our staff/coaches*
- 3. Safety of our community, friends and families*

USA Boxing has three tiers of returning to competition:

Tier 1: Return to the Gym

Preparation: Preparing your gym and coaching staff

[Phase 1: Limited Participation](#)

Phase 2: Moderate Participation

Phase 3: Responsible Participation

Tier 2: Return to Single Day Events (Club Shows)

Tier 3: Return to Multi-Day Events (Tournaments)

This document delivers USA Boxing's **recommendations** based on research done by USA Boxing staff, recommendations by the CDC, USA Boxing Physician and Coaches Commissions and of federal, state, and local governments. These recommendations are geared to reduce risks during **Tier 1: Return to the Gym** as stay-at-home orders are lifted and USA Boxing members begin to return to gyms. ***Please continue to follow your state and [local guidelines](#).***



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Phase 2: Moderate Participation

- Please adhere to your state and [local government](#) most up-to-date guidelines
- **Maximum of two (2) members in gym per 225 sq. ft (15ft x 15ft) area (50% maximum capacity for your business, including coaches and parents) (see Table 1.1 below)**
- Inform members that more people will be allowed in the gym and reinforce record keeping and responsible practices (ex. reservations; sign-in/out sheets; use personal equipment; washing hands, etc.)
- Stay home if you show symptoms or may be in a high risk population
- If possible, take each member’s temperature before entering gym
- All members should follow all hygiene precautions (ex. face covering, wash hands, use hand sanitizer, etc.) **Homemade masks are acceptable**
- If possible, BYOE! Bring your own equipment (gloves, headgear, cups, etc.). Do not share! ***If you do not have your own equipment, we strongly suggest sanitizing shared equipment between each person’s use***
- Maintain social distancing (ex. no sparring, no focus mitts, etc.)

NOTE: Phase 2 lasts a minimum of 14 days and includes an evaluation before moving onto Phase 3 (check state/[local guidelines](#))

Table 1.1 for suggested capacity per gym size

Phase 2	
Gym sqft	Number of People
2250	20
2025	18
1800	16
1575	14
1350	12
1125	10
900	8
675	6



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Phase 3: Responsible Participation (including Sparring)

- Please adhere to your state and [local government](#) most up-to-date guidelines
- **Encourage responsible social distancing while allowing mitt drills, partner drills and sparring. Follow local guidelines for capacity allowances**
- Inform members that mitts, drilling and sparring will be allowed in the gym and reinforce record keeping and responsible practices (ex. reservations; sign-in/out sheets; use personal equipment; washing hands, etc.)
- Stay home if you show symptoms or may be in a high risk population
- If possible, take each member's temperature before entering gym
- All members should follow all hygiene precautions (ex. face covering, wash hands, use hand sanitizer, etc.) **Homemade masks are acceptable**
- If possible, BYOE! Bring your own equipment (gloves, headgear, cups, etc.). Do not share! ***If do not have own equipment, strongly suggest sanitizing shared equipment between each person's use***
- Appropriately maintain social distancing when not drilling, sparring, etc.

NOTE: Phase 3 lasts a minimum of 4 weeks and includes an evaluation before moving onto Tier 2 – One Day Events



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Additional Precautions and Recommendations

Coach Focus Mitt Drills

- When possible, wear PPE (protective eye wear, gloves, face mask, and long-sleeved shirt). Preferably change clothes before you leave the gym.
- Have boxers wear facemask, and encourage long sleeved shirts
- Wipe down equipment (ex. mitts, punch shield, noodles/punch sticks, paddles, etc.) before each new boxer arrives at the station, and at the end of the day
- Remind boxers to clean their equipment before the next station, and to follow all hygiene precautions (ex. face covering, wash hands, use hand sanitizer, etc.)

Drilling & Sparring

- Wear a face mask when possible (ex. when working body shots) and remove facemask for sparring immediately prior to putting on gloves and headgear.
- Encourage boxers to wear a shirt and preferably long sleeves (no shirtless)
- If possible, BYOE! Bring your own equipment (gloves, headgear, cups, etc.). Do not share! ***If do not have own equipment, strongly suggest sanitizing shared equipment between each person's use***
- Wipe down equipment (ex. headgear, gloves, water bottles, etc.) with cleaning/bleach [solution](#) immediately before and after sparring
- Each boxer should have their own water bottle and coaches should use precautions (ex. gloves, sanitizer) with each use of the bottle. Clean the outside of the bottle again with cleaning/bleach [solution](#) before the boxer takes it away from the sparring area. Properly clean the bottle, inside and out, with soap and water after each training session.
- If a mouthpiece lands on the floor the coach should call “stop!” and have the boxers step back. With gloves on, pick up the mouthpiece, clean it with sanitizer, and thoroughly rinse with water before placing it back into the boxer’s mouth, then dispose gloves into a trash bin and sanitize hands
- If a boxer’s gloves touch the canvas, immediately call “stop!” and have the boxers step back to wipe the gloves off with cleaning/bleach [solution](#).
- Immediately after sparring, boxers should dry off with their own personal towel, and clean their equipment with cleaning/bleach [solution](#) before arriving at the next station



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Staff Responsibilities for Sparring Areas

- When possible, wear appropriate PPE (protective eye wear, gloves, face mask, etc.).
- In a safe place directly outside the sparring area have a supply of gloves, paper towel, hand sanitizer, cleaning supplies and a trash bin
- Between each sparring match and at the end of the training session, wipe down corner pads and ropes with cleaning/bleach [solution](#)
- Remind boxers to clean their equipment with cleaning/bleach [solution](#) before the next station, and to follow all hygiene precautions (ex. face covering, wash hands, use hand sanitizer, etc.)
- Keep a record of sparring
- Mop vinyl ring covers daily with cleaning/bleach [solution](#)
- Periodically (daily or weekly depending upon the gym's attendance levels) clean the spit pails by safely and carefully emptying in an appropriate spot (ex. outside away from high foot traffic areas), rinse with warm water, then wash with cleaning/bleach [solution](#). Staff should wear protective gloves, eye wear and face covering while performing this task



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